

The temptation of a naturist holiday

BY KASHA VAN SANT

Not sure about a naturist holiday? Scared to disrobe? If, like Kasha Van Sant, you’re sitting on the fence as far as visiting a nudist resort goes, a solution is at hand: the new Nearly Naturist range offered by Peng Travel...

As a small child I had a real love of the seaside and spent hours frolicking around at the water’s edge inspecting fronds of seaweed or playing with shells. I can still feel the warm sand between my toes and the sun on my skin, feeling truly happy and free. Often I paddled until I had tired myself out so much that I had to be carried off in a sleeping bundle. I look back on those holidays with fondness but I seem to have forgotten that for most of them, I did not have a stitch on!

So, with this in mind I have pondered the naturist holiday, and the feeling of liberty and self expression that captures the innocence of those childhood days. I already know how much I enjoy the gentle breeze on my skin, and how much closer I have felt to my surroundings since then when totally bare. But I still have an inhibition that reminds me I have grown up... so how best to bring that feeling back?

Gone are the days of the naturist stereotype: the times have changed and there is now a holiday experience that champions this cause the 21st

century way. The ‘Nearly Naturist’ range of holidays, newly available through Peng Travel, intuitively understands that naturism can be done in stages. If you do not feel sure about taking off layers, then they have sourced beautiful hotels that can cater for both the fully-clothed and the fully fledged naturist.

You simply choose a location. If like me, you want to take your first steps in a stunning location, then the Hawksbill Hotel in Antigua is ideal. Set a short walk from a secluded clothing-optional shoreline, it is the perfect idyll to disrobe. Then there’s the Sol Hotel Cayo Largo in southern Cuba, where it’s possible to bare-bathe in a naturist area just west of the accommodation.

Closer to home, in the Canary Islands the Fuerteventura Princess hotel sits above the clothes-optional beach and has a dedicated naturist pool and sun terraces in its grounds. Or there is the Hotel Natura Palace on Playa Blanca in Lanzarote, with a naturist area in the garden and a costume-optional Jacuzzi, sauna and Turkish bath. The remote, sandy beaches of Papagayo Natural Park, four kilometres away, are also clothes-optional.

Other possible boltholes for the naturism novice include Menorca, where the Son Bou hotel is



located a 15-20-minute walk from a nude bathing area, and the Santo Tomas hotel sits just a few hundred metres from a clothes-optional sand-strip of picture-postcard quality. Then there’s the Sol Hotel Cayo Largo in southern Cuba, where it’s possible to bare-bathe in a naturist area just west of the accommodation, and the Marina Playa Hotel in Esquinzo who own the Monte marina apartments, home to a dedicated naturist pool and various sun terraces.

With so many beaches, pools, saunas and gardens to choose from, there’s something for every nearly-naturist. As for me, it’s time to rediscover that feeling of liberty...

Great Naturist Holiday Offers:



4★
Fuerteventura Princess
A Nearly Naturist Option Oct/Nov
prices from **£515 pp** (half board)
Includes charter flights from Gatwick



Breezes Rio Bueno,
Jamaica Fully Naturist Wing
7 Dec 2011
prices from **£1320 pp** (all inclusive)
Includes charter flights from Gatwick



4★
Sol Cayo Largo, **Cuba A**
Nearly Naturist Option Oct 2010
prices from **£1060pp** (all inclusive)
Includes 3 nights B&B at Sevilla Hotel in Havana.
Includes flights with Virgin Atlantic from Gatwick.



3★ **October Half Term**
Costa Natura,
Costa del Sol Fully Naturist Village 24 October
prices from **£575 pp** (self catering)
Includes charter flights from Gatwick